

Flu and Colds

How to Avoid Getting and Spreading Them

- ☐ Wash hands frequently--always before eating and after using the rest room.
- ☐ Keep hands away from your face and mouth.
- ☐ Cover your mouth when coughing or sneezing.
- ☐ Maintain a healthy lifestyle to build your immune system.
- ☐ Eat balanced meals, including plenty of fresh fruits and vegetables.
- ☐ Drink lots of water.
- ☐ Get plenty of rest.
- ☐ Avoid prolonged contact with individuals showing possible symptoms of colds or flu.

If you get a cold or the flu--

- ☐ Stay home when you are ill, keep children at home when they are sick.
- ☐ Contact your health care provider if cold or flu symptoms persist or are severe.

If your child is not insured, he/she may be eligible for the Maryland Childrens' Health Insurance Program or Care for Kids coverage. To obtain an application for these programs and/or for assistance, contact your child's school nurse or health room aide. Applications are also available at the local libraries and may be downloaded at www.dhmh.state.md.us/mma/mchp. Mail the completed application to the nearest Montgomery County Services Eligibility Unit address listed on the application.

~~~

If you need to see a health care provider and do not have health insurance the following clinics are available. Please call for details about services.

Community Clinic, Inc.  
Gaithersburg (301) 216-0880  
Hyattsville (301) 431-2972  
Silver Spring (301) 585-1250

Pan Asian Clinic  
(301) 670-1180

Mobile Medical Care, Inc.  
(301) 493-2400

Muslim Community Center Clinic  
(301) 496-9374

Mercy Health Clinic  
(301) 916-4499

Holy Cross Hospital Health Center  
(301) 562-5600

Peoples Community Wellness Center  
(301) 847-1172

Proyecto Salud  
(301) 962 - 6173

Spanish Catholic Center  
(301) 434-3999  
(301) 434-8985